

# Highway to Health



Highway to Health is a simple and innovative scheme which aims to encourage people of all ages to walk for leisure and good health. It uses attractive pole signs at one kilometre intervals on an established route.

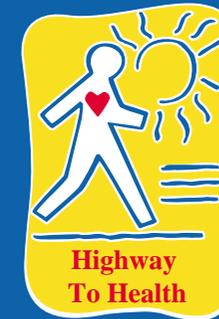
Walking is one of the simplest, safest and most effective forms of physical activity. Every adult in Northern Ireland should accumulate 30 minutes of physical activity on most days of the week. Northern Ireland has one of the highest rates of heart disease and stroke in the western world. Taking regular exercise is one effective method of reducing the risk of cardiovascular disease.

People who have not been taking regular exercise should start slowly and gradually build up to 30 minutes per day.

It may be advisable to consult your doctor if you have any history of cardiovascular disease in the family or if you are overweight. It is important in these instances that you begin with gentle exercise, moving to a brisker pace in time.

If you would like further advice please contact our Advice Line 0845 769 7299 (Mon. to Fri. 9 am to 1 pm). Calls are charged at local rates.

Andrew P Dougal  
 Chief Executive,  
 Northern Ireland Chest,  
 Heart, Stroke Association



DUNGANNON



Length of WALK  
 is 4.30 KM

The route is measured anticlockwise from outside the Council Offices. It goes via the Cookstown Road Roundabout, down Quarry Lane, across the Donaghmore Road and into Newell Road. From there it turns into Lisnahull Road and onto the new pedestrian walkway running alongside the line of the old railway track. It crosses Washingford Row and comes out onto Mark Street. It turns right into Brooke Street, up Empire Avenue and returns to the Council Offices via Ranfurly Road, Northland Row and Circular Road.

The walk can be accessed at any point and walked in either direction.

*Let's Go Walking...*

